

ABSTRACT OF THE DISCLOSURE

The present invention relates to a method for preparing germinated brown rice that has better texture, is easier to cook and has higher safety from microbial contamination compared with conventional germinated brown rice, by controlling the conditions for the germination process, and to a germinated brown rice obtained therefrom. More particularly, improved germinated brown rice can be obtained by at least partially removing the skin, germinating the altered rice in slighted acid germination water and treating the germinated brown rice at elevated temperatures and pressures.